Health and Fitness

WWW.MCBH.USMC.MIL November 19, 2004

Marines secure Fallujah

Marines with Company I, 3rd Battalion, 5th Marine Regiment, patrol through rubble in Fallujah, Iraq, Nov. 9. At the request of the Interim Iraqi Government, Multi-National Forces in Iraq along with ISF began Operation Phantom Fury to eliminate AIF sanctuaries in Fallujah and allow the IIG to restore a legitimate government.

Volume 34, Number 46



Sgt. Luis R. Agostin

Devil Dogs wipe out Iraqi insurgents

Gerry J. Gilmore

American Forces Press Service

WASHINGTON — U.S. and Iraqi forces now control the city of Fallujah, Iraq, a senior American Marine officer said today.

Fallujah is secure, Col. Michael Regner, operations officer for the 1st Marine Expeditionary Force,

told Pentagon reporters via telephone from Fallujah.

"We have, and we can, go anywhere we want in that city," Regner

However, he pointed out, remaining small groups of insurgents in Fallujah still need to be cleared out. Marines and U.S. Army soldiers are currently fighting to

subdue some of those pockets of insurgents, he said.

U.S. Marines and soldiers, Regner explained, still need "to go through house to house" to ensure that all insurgents in Fallujah have been killed or captured.

The battle for Fallujah, dubbed

See IRAQ, A-9

Operation Enduring Freedom

3/3 Devil Dogs arrive in MidEast

Hawaii-based Marines relieve 3/6 in Afghanistan

III MEF Public Affairs Office

Press Release

Headquarters, 3rd Marine Division, Okinawa, Japan — The Marines and Sailors of 3rd Battalion, 3rd Marine Regiment, "America's Battalion," arrived earlier this week in Afghanistan in support of Operation Enduring Freedom.

The Hawaii-based leathernecks of the 3rd Marine Division will participate in the continuing stabi-

lization, security, and counter-terror efforts already underway.

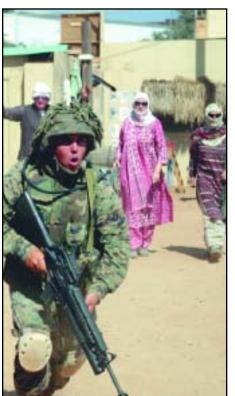
This deployment follows a rugged series of training exercises the battalion conducted in the deserts of Twenty Nine Palms, Calif., in the mountains of the High Sierras of Bridgeport, Calif., and in an innovative

scenario-based training facility in San

"We've trained hard for this deployment," said Lt. Col. Norm Cooling, commanding officer for 3rd Battalion, 3rd Marines. "I'm very proud of my Marines and Sailors here on the far reaches of the world and am confident in their abilities to help the local population and destroy the anti-coalition forces that seek to enslave the Afghani people. We're here to further freedom

Third Battalion, 3rd Marine Regiment relieved 3rd Battalion, 6th Marine Regiment who will return to Camp Lejeune, N.C.

and democracy."



Lance Cpl. Rich Mattingly

Before heading to Afghanistan, 3/3 Marines trained aboard Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., in a "real life" environment, complete with improvised explosive devices and a restless populace.



Cpl. Megan L. Stine

Snipers with 2nd Battalion, 3rd Marine Regiment, Scout Sniper Platoon board a Navy SH-60 Seahawk helicopter prior to engaging targets during the aerial platform portion of the urban sniper course conducted by Special Operations Training Group, III Marine Expeditionary Force.

Assistance from a distance

Scout snipers prepare for MEU

Cpl. Megan L. Stiner
Combat Correspondent

Snipers portrayed in movies are usually seen as one person in the middle of nowhere with a rifle, waiting patiently for the enemy to move into his sights. One aspect of the ultimate rifleman's world not everyone is familiar with is a sniper communicating with a pilot as they both hover in a helicopter above a target in broad daylight — a technique also referred to as aerial platforms.

Scout Snipers from 2nd Battalion, 3rd Marine Regiment graduated Urban Sniper Class 05-1 Nov. 5, hosted by Special Operation Training Group instructors from Okinawa, Japan, in preparation for their scheduled deployment with the 31st Marine Expeditionary Unit.

The course is comprised of several exercises that test the basic skills of sniping, the final phase focused on shooting from a helicopter.

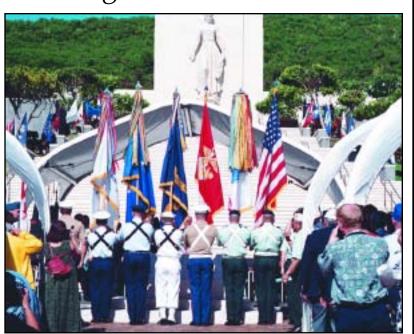
"The purpose of this training is to teach the Marines how to rapidly and accurately engage

multiple targets at unknown distances in an urban environment," said Sgt. George L. Figone, 3rd SOTG instructor. "No one wants to go into theatre and have to perform something they never practiced before. We gave them the opportunity to train for something they may come in contact with eventually."

During the training, each Marine was equipped with 100 rounds for their M-16A1

See SNIPERS, A-9

Massing of the Colors



Lance Cpl. Bernadette Ainswo

The Joint Service Color Guard presents the colors at the 54th Annual Massing of the Colors Ceremony at the National Memorial Cemetery of the Pacific (Punchbowl), Nov. 11, Veterans Day. There were about 500 attendants at this year's ceremony. The keynote speaker was Lt. Gen H.C. "Hank" Stackpole, USMC (Ret). Other guests included Allan Kellogg, USMC Medal of Honor Recipient, Hawaii Lt. Governor James R. Aiona and Hawaii State Senator Daniel Akaka. See A-4 for more on Veterans Day.

DoD confirms Hawaii KIAs

Hawaii Marine Staff

MCB Hawaii Public Affairs

The Department of Defense has confirmed the deaths of five Kaneohe Bay service members as a result of enemy action in Al Anbar Province, Iraq, while supporting Operation Iraqi

All service members were assigned to 1st Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, Marine Corps Base Hawaii.

Freedom.

Lance Cpl. Aaron C. Pickering, 20, of Marion, Ill., died Nov. 10.

Pickering enlisted in the Marine Corps in September 2003 and attended the School of Infantry, Camp Pendleton, Calif., during January 2004 where he trained to become a rifleman.

Petty Officer Third Class Julian Woods, 22, of

Jacksonville, Fla., died Nov. 10. Woods enlisted in the Navy in June, 2000 and attended his job school in Great Lakes during September, 2000 where he trained to become a hospital corpsman.

Lance Cpl. David M. Branning, 21, of Cockesville, Md., and Lance Cpl. Brian A. Medina, 20, of Woodbridge, Va., died Nov. 12.

Branning enlisted in the Marine Corps in May 2002, and attended the School of Infantry, Camp Lejeune, N.C., during August 2002, where he trained to become a rifleman.

Medina enlisted in the Marine Corps in August 2002, and attended the School of Infantry, Camp Lejeune, N.C, during December 2002, where he trained to become a rifleman.

Sgt. Rafael Peralta, 25, of San Diego, Calif., died Nov. 15.

Peralta enlisted in the Marine Corps in April 2000, and attended the School of Infantry, Camp Pendleton, Calif., during July and August 2000, where he trained to become a rifleman.

News Briefs

CG to Host Community Meeting

Brig. Gen. George J. Trautman III will host an informational meeting for the base community on the evening of Dec. 15 at the base theater. All housing and barracks residents are invited.

MAG-24 has Clean Month

Marine Aircraft Group 24 has had no reported cases of Fraud Waste & Abuse during the month of October. To report a case of Fraud Waste & Abuse involving a member of MAG-24, call Lt. Col. Curran at 257-2898.

Tripler Holiday Lighting Ceremony set for Dec. 1st

Tripler Army Medical Center will conduct its annual Holiday Lighting Ceremony at 5:30 p.m. Dec. 1 outside the hospital's oceanside entrance.

The ceremony will include the traditional lighting of the tree and entertainment from the Pacific Fleet Band. In addition, Santa Claus is expected to make an appearance at the ceremony to delight children of all ages.

CG Invites Input

The commanding general of MCB Hawaii would like to hear your comments regarding:

•What are we doing that we shouldn't be

•What are we not doing that we should be doing?

•What are we doing that we should be doing

Your responses should include a recommendation for a solution. E-mail your suggestions to the commanding

general at CGMAIL@mcbh.usmc.mil. If you don't have an e-mail account, you can

fax your suggestions to 257-3290, or you can mail them to:

Commanding General (Attn: CG Mail) MCB Hawaii

Box 63002

MCB Kaneohe Bay, HI 96863-3002

Your suggestions can also be dropped off in person on base at the Adjutant's office in building 216, room 1.

PWMA Accepts Brick Orders

Due to continued interest in the "Walkway of Honor" bricks located at the Pacific War Memorial adjacent the entrance to MCB Hawaii, Kaneohe Bay, the Pacific War Memorial Association is accepting orders online at www.PacificWar Memorial.org, or call 533-3759. Orders will be accepted until Dec. 15.

Hawaii Marine Accepts **Letters to the Editor**

The Hawaii Marine welcomes comments for the "Letters to the Editor" section. Letters should be clear and concise. The Hawaii Marine staff reserves the right to edit letters for clarity and length. Comments must be signed with a full name and a telephone number must be provided.

E-Mail: editor@hawaiimarine.com, with

"Letters to the Editor" in the subject line. **Mail:** Public Affairs Office

Letters to the Editor Bldg. 216, Box 63002 MCB Hawaii 96863

Fax: 808-257-1289

Noise Prohibited on Mokapu Stretch

In consideration for the neighbors of MCB Hawaii, Kaneohe Bay, Marines and Sailors running in formation near the back gate or on the trail around the Nuupia Ponds are prohibited from chanting or making excessive noise.

Important Phone Numbers

On-Base Emergencies	257-9111
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Business Management Hotline	257-3188
Pothole & Streetlight Repair	257-2380
9 -	

Hawaii

Commanding General Base Sergeant Major Public Affairs Officer **Public Affairs Chief** Managing Editor Press Chief Staff Writer Staff Writer Sports Editor Staff Writer Staff Writer Staff Writer Lifestyles Editor

News Editor

Brig. Gen. George J. Trautman III Sgt. Maj. Anthony E. Franks Maj. Patricia Johnson Gunnery Sgt. Claudia LaMantia Staff Sgt. Ronna M. Weyland Sgt. Jereme Edwards Sgt. Joseph Lee Sgt. Joe Lindsay Cpl. Jessica M. Mills Cpl. Megan L. Stiner Lance Cpl. Michelle M. Dickson Lance Cpl. Rich Mattingly Susana Choy

Kristin Herrick

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Everything advertised in the Hawaii Marine shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of

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Submit items for the Hawaii Marine to PÂO no later than noon on the Friday prior to publication, using the following

> HAWAII MARINE. BOX 63062. BLDG. 216. MCB HAWAII, KANEOHE BAY, HAWAII 96863 E-MAIL: EDITOR@HAWAIIMARINE.COM FAX: 257-1289, PHONE: 257-8836

COMMENTARY —

Soldier's story prompts closer look

Susana Choy

Lifestyles Editor

Before I started working with Marines here at Marine Corps Base Hawaii, Kaneohe Bay, I had only a foggy concept of who



CHOY

Marines are — as warriors and as people. But since my first day here on base, I've had the opportunity to understand, respect and care for a number of Marines I've never expressed this vocally to any of you, but now

you know. With the recent deployment of so many here on Oahu, and the report of the deaths of more and more Marines and soldiers, the fact that there's a war out there, really hits home. And the homes that are hit the hardest are the ones that have lost a loved one

To that, I can only say that I hope I'm never placed in that position, and I doubt I ever will be.

To be a civilian spouse of an armed forces

member is not my calling. I would not want to deal with the stress, worry and loneliness of, in my case, having my husband leave for months, possibly years on end. I think that's asking a lot from any individual.

I know there are those who never thought they would be married into the military's lifestyle. That was a choice made somewhere down the line after "I do." I think that those who decide to stick it out and step up to the plate are either crazy or courageous, or both.

Based on what I've seen and heard, it's both. Love makes us a little bit crazy and opens the door for us to find the courage to stand by those we love.

Why have I written this? What started me on this train of thought was a simple, heart-wrenching story. It was late, about 3 a.m., and I couldn't get back to sleep. Next thing I know, I'm at the computer reading stories, probably posted by other insomniacs, when I came upon a mention of Pfc. Jesse Givens' story, written by someone at the "Rocky Mountain News."

Although our local papers have their own versions of that newspaper's "America at War" series, I'd always avoided reading them. Maybe in the back of my mind, I real-

ly wasn't ready to connect to the reality of Operation Iraqi Freedom on an emotional

So, why did I read about Pfc. Givens? I guess, the plug just sucked me in.

On the surface, it's a story about a U.S. Army soldier who drowned in Iraq, and how his widow and sons are coping with his death. Peering up just beneath the surface is a tale of love, hope, loss, patriotism and the consequences and inadequacies of a stressed government. Dig deeper, and you find courage, inner strength, forgiveness, redemption.

This is one story I won't easily forget. More importantly, I now have a greater awareness and appreciation for you, our country's warriors, those who love you and the sacrifices you all make.

I don't express my appreciation and thanks to those who make a difference in my life often enough, so I'm taking this opportunity to say "thank you."

No matter what reason you may have had for joining or remaining in the Marine Corps or Navy, thank you all, and take care.

(Editor's Note: The March 19, 2004, story is published at www.rockymountainnews.com/. Once there, search for "Pfc. Givens.")

LETTERS TO THE EDITOR:

Marines aid in accident

Over this past weekend, three Marines performed a good deed for our family and I would like to recognize them in print.

When the telephone rings at



Three Kaneohe Marines proved to be good Samaritans to a woman in need on the Pali Highway.

Deaths, deployments spur memories

I have been meaning to write since I

picked up a copy of Hawaii Marine at the

Windward City Shopping Center. The Oct.

8 issue contained a story regarding 3/3's

return to MCBH after training in Bridgeport,

I have been slow on the draw in commu-

nicating, but recent events, including the

4:00 in the morning, the chances that it will be good news are slim and slimmer. I heard our daughter's voice. "Mom, I got into an accident on the Pali Highway ..."

A million scenarios bombarded my brain.

"Are you okay?" "Yeah, okay."

She told me her location and then her cell phone cut off.

quickly After explaining the situation to my husband, I called her back and could tell she was speaking with someone.

prompts me to do so.

death of the 1/3 Marines killed by a suicide

bomber and the present deployment of 3/3

1968-69 as an 0311 on point. I have a friend

who lives in Honolulu who served with

whose fathers were Marines, it was

inevitable that when the time came, I too

Delta 1/3 during the same period.

I served with Kilo 3/3 in Vietnam in

Growing up in Kailua and having friends

"Who are you talking to?" "Oh, these three guys

stopped to help me. I'll talk to you later." Three guys — at 4:00 in the

morning — on a dark and wet Pali Highway. Another million scenarios

blasted through my mind.

By the time we arrived at the accident, the police were at the scene and the AAA tow truck had just arrived.

These three guys were on their way home and noticed a car up against the trees, facing oncoming traffic. Seeing the car in that position, they thought the people must be badly injured. They could have driven right by, but they didn't. They stopped. These three guys were three Marines from Kaneohe.

Expecting the worst, they were shocked when our daughter emerged from the car. They talked with her, assessed the situation, called the police, and also called AAA (using their own

Thank you Cary, Donny, and Manny. You decided to get involved and to look after a total stranger. You not only stopped, but you stayed until the very end when the car was towed away. We commend you to your peers and superiors and we thank our Lord for your defining presence in times of trouble. You are the best.

With a parents' heartfelt grat-

Aaron & Stephanie Suzuki Kailua, Hawaii

safe return to the Officers and Marines of

Semper Fi, Former Sgt. W. K. Richards Jr. (1967-70)

I would just like to say God's speed and a

Hauoli La Hanau

would join the Corps.

Na Ilio Kiapolo

(Happy Birthday, Devil Dogs)

Vord on the street

What is your favorite Thanksgiving tradition?



Sgt. Emily Kongsuwan

Aviation Electronics Technician MALS-24

"'Just getting together with a few good friends and celebrating."



Petty Officer 3rd Class Quan Huynh

Disbursing clerk Naval Personnel Support Department

"I like to celebrate with friends and eat a lot of turkey."



Stacy Romnek Manager of the Message Center and Family Member

"Saying your blessings around the table for the family that you are thankful for."



Dee Smith MCCS Vending

"'When everyone gets together and gives thanks to one another, and we have a party and eat a lot of good food together."



Gunnery Sgt. Kenneth Etheridge

Substance Abuse Counselor Headquarters Battalion, MCB Hawaii, Kaneohe Bay

"'Watching football with the family and eating dry turkey."

Worship Services Schedule - MCB Hawaii Chapel

Monday to Friday:11:45 a.m. - Daily Mass Saturday:5 p.m. – Roman Catholic Mass Sunday:8 a.m. - Protestant Liturgical Service 9:30 a.m. - Roman Catholic Mass 11 a.m. - Protestant Contemporary Service

2004 Holiday Programs

Nov. 25

9:30 a.m. - Thanksgiving Day Mass

3:30 p.m. – Thanksgiving Potluck Dinner (Everyone is invited. Call 257-3552, ext. 7 or 2 to sign-up.)

Nov. 27 5 p.m. - "Thanksgiving II Mass - God Bless Our Children"

7 p.m. – "Hanging of the Christmas Greens" Service

6 p.m. – Chapel Community Potluck

Dec. 8 11:45 a.m. and 6 p.m. - RC Holy Day - Immaculate Conception

7 p.m. – RC Penance Service

7:30 p.m. - RC Mass

5 p.m. - Christmas Caroling at Mokapu Mall

3 p.m. - Children's Christmas Program/Party

6 p.m. – Protestant Candlelight Service

11:30 p.m. - RC Midnight Mass Dec. 25

Jan. 1, 2005

9:30 a.m. - New Year's Day Mass

9:30 a.m. - Christmas Day Mass

DUIs are career killers

(Editor's Note: Per the commanding general of MCB Hawaii, those arrested for driving under the influence [DUI], driving while intoxicated or drug-related offenses shall be publicized in the **Hawaii Marine** newspa-

•Nov. 10, Maj. Mark Smith, for DUI pending the Pacific, Camp Smith for driving under the influence after refusing a blood alcohol content test.

•Nov. 13, Sgt. Tony F. Vasquez

of Marine Forces Pacific, Camp

Szarmach of G-4, Marine Forces results of a blood alcohol content test.

•Nov. 114, Petty Officer 3rd Class Conry S. Wiseman of Patrol Squadron 47, for DUI with a BAC of .217 percent.









Lance Cpl. Michael Garnick (left), Alpha Battery, 1/12, goes through the OC spray process with Sgt. Robert V. Mendoza, chief instructor for nonlethal weapons training, regimental schools, here Nov. 3.



Hand to hand



1/12 Marines head off 'rioters' in week-long nonlethal training

Story and Photos by Lance Cpl. Michelle M. Dickson

Media Clerk

The thunder of about two-dozen boots simultaneously hitting the ground, surrounded by a wall of shields and swinging batons, moved toward the unruly crowd. The tension grew as the space between the groups diminished.

This was the scene here Nov. 5, as members of 1st Battalion, 12th Marine Regiment culminated a week of nonlethal weapons training in preparation for a scheduled deployment with the 31st Marine Expeditionary Unit.

The week began with classes intended to prepare the Marines for missions they may

involve crowd control type scenarios.

"The classroom portion was slow, but the Marines grasped what they needed really well," said Staff Sgt. Jerry Kelly, nonlethal weapons instructor, Alpha Battery, 1/12. "On Monday, we went through everything from taking aggressors to the ground, baton techniques, empty hand control, punches, kicks, pressure point compliance, as well as formation and moving the platoons effectively."

Tuesday involved the preparation time for the dreaded pepper spray and course that all would experience the following day.

"I think by Wednesday afternoon, when the spraying actually took place, the fear factor set in for some of the Marines," said Kelly. "Their anxiety went up, but all in all, everyone recovered. It was not as bad as any of them expected it to be."

The Marines were each sprayed with oneto three-second bursts of the spray and after a set of push-ups, had to fight their way through a course. Each station lasted about 15 seconds and included knee strikes, blocks, punches and baton "The whole point of doing this is to teach the Marines that they can fight through anything and keep a strong mind, with physical pain," said Sgt. Robert V. Mendoza, chief instructor for nonlethal weapons, regimental schools. "Completing the course successfully also gives the Marine the ability to carry OC spray in nonlethal situations, such as riots or noncombatant evacuation operations."

Thursday morning put the Marines on K-Bay Range 2 to shoot nonlethal munitions.

Friday morning, the group was given the fictional scenario of being in a foreign country where the local population is facing starvation. The Marines brought in a truck with food, but the food needed preparation. When the local people realized they would not get their food right away, they began to riot.

"The Marines trained well all week for the event, and now had to make decisions and react on their own, without the guidance of the instructors," said Kelly

The "local pop-

ulation" rushed

shields and threw objects while shouting and attempting to weaken the Marines who stood strong throughout the riot.

"The mob was really active and did a great."

"The mob was really active and did a great job," said Lance Cpl. Arias Richard, motor transport operator, Alpha Battery, 1/12, "They were really active,, but once we got used to their actions we were able to gain a good control over them."

After the rioters were under control, the Marines were debriefed on the day's events and their performance.

"They were forced to use their crowd control dynamics, munitions and verbal command skills, as well as their pressure point control techniques, " Kelly added.

Some participants agreed.

"The classes were so useful and this whole week was pretty awesome," said Richard. "This is why I joined the Marine Corps, it gives me a lot of motivation."



1/12 Marines spent many hours in class and in the field learning baton techniques, empty hand control, punches, kicks, pressure point compliance in preparation for their all-encompassing final riot, Nov. 5.



Above — Marines from 1/12 shield themselves from angry "rioters," following a four-day preparation course on nonlethal weapons.

Right — Sgt. Robert V. Mendoza, chief instructor for nonlethal weapons training, regimental schools sprays a 1/12 Marine Nov. 3 as part of the unit's nonlethal weapons training.





Angry "rioters" rush the Marines during nonlethal weapons training at the Landing Zone Boondocker on Nov. 5.



A 1/12 Marine performs knee strikes on the first station after being OC sprayed as part of nonlethal weapons training.

A-4 • NOVEMBER 19, 2004

'We gave our todays, for their tomorrows'

Governor's ceremony honors veterans



Above — The dancers from Ke Ao OAnolani performed a number of traditional Hawaiian Hula dances in honor of Veterans Day to open the 2004 Governor's Veterans Day Ceremony at the Memorial Plaza within the Hawaii State Veterans Cemetery, in Kaneohe. Below — Two lei frame a memorial to Pacific Americans who have given their lives supporting the United States.



Story and Photos by Cpl. Jessica M. Mills

Sports Editor

KANEOHE, Hawaii — For some, Veterans Day is a reminder of comrades lost in past wars. For others it is a reminder of present day warriors who fight injustice in the Middle East. Many have made the ultimate sacrifice to ensure America's continued freedom.

Keeping that spirit in mind, service members, local residents, and civilian and military leaders, gathered for the 2004 Governor's Veterans Day Ceremony, Nov. 11, at the Hawaii State Veterans Cemetery, to remember those who served and honor Hawaii's veterans, "past, present and future."

"I volunteered to take part in this ceremony. It is a great honor to help remember these heroes," said Lance Cpl. Casey Ewing, the wreath bearer in the ceremony and a radio operator with Headquarters Company, 3rd Marine Regiment, Marine Corps Base Hawaii. "My grandfather was an Air Force radioman in the Korean War, and it was his stories of honor and courage that inspired me to join the military."



The ceremony began with a rifle drill presentation by the Waianae High School Junior ROTC squad. Their mock rifles flew through the air, as they marched in unison across the parade deck to the cadence of a Hawaiian chant, or *An Oli*. The chant was performed by Mihana Souza. The drill presentation and chant officially opened the day's events.

More than 20 veteran organizations presented floral leis in memory of their wounded and fallen comrades. Each group also presented their organization's colors in the parade of flags.

The master of ceremonies this year was well known to many of the attendants, or at least his voice was. Michael W. Perry, a radio disc jockey for KSSK, had the honor of presiding over the ceremony this year, proclaiming himself a proud offspring of a long line of service members.

The Honorable Linda Lingle, Governor of the State of Hawaii, presented the Veterans Day Address that afternoon. She gave specific mention of the outstanding performance of the Marines she met in Iraq, and congratulated all Marines on their 229th birthday celebration.

She also described the hardships she witnessed all service members facing when she was in the Middle East, and the honor, courage, and triumph she witnessed in face of those hardships.

According to Lingle, what she saw in the Middle East was nothing like what is shown on television. She saw little triumphs each day, and Iraqis thanking service members for their help.

"The veterans lit the path for all of us. We should honor their memories, contributions, and achievements every day, not just Veterans Day," said Col. Bill Febuary, the assistant chief of staff for G-6, Marine Forces Pacific. "This is a special day for me. My oldest son is forward deployed on the Harry Truman and my youngest son will enter the Marine Corps next spring as a second lieutenant. I want to make sure that we have lit the path for them as well."

With the help of Ewing, Governor Lingle and Major Gen. Robert G.F. Lee, the Adjutant General for the State of Hawaii, placed the remembrance wreath at the center of the parade area.

Military honors were performed by a Marine rifle squad from Headquarters Company, 3rd Marine Regiment, followed by a performance of taps by the 111th Army Band.

The final event was a flyover by F/A-18s from Strike Fighter Squadron 201 from Naval Air Station, Fort Worth, Texas, who are temporarily deployed to the Marine Corps Air Facility, MCB Hawaii.

"This makes me remember all the service members in the past who led to our country's freedom," said Cpl. Tony Rogers, the squad leader of the rifle detail and a wireman from 3rd Marine Regiment. "I have the utmost respect for all that they have given."



Above — The Jr. ROTC from Waianae High School performed a drill demonstration in honor of Veterans Day to open the 2004 Governor's Veterans Day Ceremony at the Memorial Plaza within the Hawaii State Veterans Cemetery, in Kaneohe.

Left — The Honorable Linda Lingle discussed the importance of honoring the past and present veterans of our great country and the hardships and positive roles the Marines and other service members have experienced and filled in the Middle East.

Red Lions awarded for safety

Sgt. Jereme L. Edwards

Press Chief

The Red Lions of Marine Heavy Helicopter Squadron 363 were awarded the Chief of Naval Operations Safety Award for 20,000 mishap free flight hours for the third consecutive year by 1st Marine Aircraft Wing Commanding General Brig. Gen. Duane Thiessen here Nov. 5.

The CNO Safety Award is awarded to the unit that consistently demonstrates it possesses the initiative and dedication to do what it takes to ensure that aircraft operations go smoothly and mishap free. For the third year the Red Lions have proved that they are more than ready for the challenge.

"It's great for the unit to be recognized for all the work they do," said Capt. Chad Bignell, of Safety Director Standardization with HMH 363. "We implemented the operational risk management program, which is pretty standard in the Marine Corps, into every thing we do, from setting up the flight and until the flight concludes.

There's only a handful of units who get a CNO Safety Award, just one, and 363 has gotten three in a row there is probably only five units that have done that.'

Brig. Gen. Duane Thiessen, commanding general of the 1st Marine Aircraft Wing, congratulates the Marines of HMH-363 "Red Lions" for receiving the Chief of Naval Operations Safety Award for the third year in a row. He tasked them with continuing their safe practices.

Lions as they found themselves undertaking many tasks to support the missions of the Marine Corps.

According to the award write up, "The 'Red

This past year was a busy year for the Red Lions' safely and consistently performed a wide variety of challenging flight operations in diverse locations and environments throughout 2003. The squadron met or exceeded all sortie and flight hour goals established, and

continued to meet all assault support and administrative missions assigned without experiencing any mishaps.

"The 'Red Lions' supported operational requirements and conducted tactical assault support training in six countries throughout 2003. The squadron executed a total of 1,270 sorties, flying 1,890.2 flight hours, of which 744.1 hours were conducted under instrument conditions, 463.9 hours of which were in actual instrument conditions. Despite challenging conditions and high operational tempo the 'Red Lions' safely transported 2820 passengers and 517,975 pounds of cargo.

"The Red Lions used an integrated approach to safety that focused on mission accomplishment and doing things right the first time. From hazardous material (HAZMAT) to Aviation safety, the Red Lions lead by example. Perhaps the Naval Safety Center Survey team made the best praise that can be made for a safety program, and squadron. The Safety department and HMH-363 as a squadron is 'Above Fleet Average', and is conducting business the right way. The ability of the squadron to excel in every operational arena not only without a Class A, B, or C ground or aviation mishap, but exceeding the 20,000 hours of mishap free flight time, is truly a testament to the squadron's commitment to safety and risk management."

Base residents encouraged to get in the holiday spirit

Family Housing Office

MCB Hawaii

To add to the spirit of the holidays, residents of MCB Hawaii family housing are encouraged to decorate their yards and the exteriors of their homes, beginning the day after Thanksgiving.

Outdoor decorative lighting is allowed between Dec. 15 and Jan. 5, and should be between the hours of 6:30 and 10 p.m. These hours will be extended to 1 a.m. on Christmas Day and New Year's

However, residents should remember to adhere to the following safety precautions when decorating.

•Display exterior decorative lights on the front of homes and fences.

•Use plastic clips when fastening lights to rain gutters or on shingles of roof eaves on the first floor.

Do not:

•Climb onto any roof to hang decorations and/or lights.

•String electrical cords across rooftops, lawns or walkways. They create trip hazards and will not be permitted.

•String lights and other decorations on roofs of second story eaves or in trees. They create fall hazards and will not be permitted.

Contact your housing inspector if you are uncertain if the use or placement of a decoration is acceptable.

1/12 on cutting edge of technology

Sgt. R. A. Barnett

U.S. Marine Forces Pacific

As the information technology industry soars, so do the needs and expectations of the Marine Corps. First Battalion, 12th Marines is no exception, as it upgrades its call for fire capability with the latest tech-

The Ruggedized Personal Data Assistant (RPDA), a handheld personal computer made to withstand the rugged environment in which the military operates, has made its way into the hands of the 1/12 forward observers, making life a lot simpler for some.

"This new technology makes call for fire a lot easier," said Lance Cpl. Brandon M. Hause, scout observer, Headquarters Battery. "The digital communication is so much better than the Digital Communications Terminal."

The Pocket-sized Forward Entry Device



Ruggedized new Personal Data Assistant is considerably smaller and more lightweight than the older Digital Communications Terminal used by artillery units.

the latest version of software available for use on RPDAs. The software program uses digital communication between forward observer teams, who submit the call for fire instantly over the AN/PRC 119, the commonly used radio of the Marine Corps.

The PFED has been fielded to replace the older AN/PSC-2 DCT. which has been in use since the late

With a Windows-based operating system, 64 MB RAM and a 400 MHz processor, the user will be able to utilize a touch responsive LCD screen to formulate a call for fire, sending it through the AN/PRC-119 to the Advanced Field Artillery Tactical Data System located in the Fire Support Coordination Center as well as the Fire Direction Center at the artillery unit, allowing for more accurate fires, said Master Gunnery Sgt. Arnold E. Albrecht, PFED Program Manager, Marine Corps Systems Command.

The Pocket-sized Forward Entry Device can also connect to the latest laser range finder, the Leica Vector/Viper and the AN/PSN-11 Precision Lightweight GPS Receiver, enabling the observer to "laze" the

target and instantly have the information entered into the PFED, requiring only target description and requested ammunition before sending the mission. Previously, forward observers used maps and radio to pinpoint target locations, determining grid coordinates and verbally calling in fire support.

What would normally take 45 sec-

onds of communication for a mis-

sion to be sent, can now be done in 10 seconds, said Albrecht. The observer will now be able to get the most accurate fire support in the fastest manner, preventing the enemy from being able

"The biggest benefit is the user-friendly application with templates that speed up the call for fire process," said Hause.

One of the many features of the PFED is the ability to input target location, target description, degree of protection, type of ammunition, number of rounds, and method of fire and control. This information is easily read, as it is displayed through pictures. In addition to call for fire capability, the PFED is capable of writing and sending a nuclear, biological and chemical report, an enemy sighting report, and a medical evacuation report.

"We can also send a close air support brief and report the unit's status directly to the [Advanced Field Artillery Tactical Data System], without calling it in," said Hause.

The RPDA measures 5.75 inches by 3.5 inches by 1.5 inches and weighs 1.2 to 2.9 pounds, depending on the battery configuration and attachments, considerably less than the much more cumbersome DCT.

"I really like the compact size of the device as well as the versatility and longevity of the power sources

1st Lt. Jonathan R. Dearmond, liaison officer, Battery A, 1st Battalion, 12th Marine Regiment and Lance Cpl. Michael R. Gills, scout observer, Battery B, 1st Battalion, 12th Marine Regiment, work on the Ruggedized Personal Data Assistant together.

available," said Hause.

"As well as being durable and water resistant, the PFED can run for eight hours of continued use on its internal battery, and comes with an NVG filter to enable the user to see the screen clear as day, even at night," said Albrecht.

Future versions of the software will allow use with radios having longer range capabilities and will have digital maps installed. The options to add devices will also allow future versions to install a GPS chip, as well as wireless connections for

the laser-range-finding binoculars.

"We've received nothing but positive feedback from Marines," said Albrecht

The fielding of the PFED and RPDAs to 1/12 was the end of this introduction to Marine Corps artillery units. After one week of training, forward observers, radio operators and scout observers from 1st Battalion, 12th Marines, now have in their possession six new Ruggedized Personal Data Assistants with the Pocket-sized Forward Entry Device program.

Truck allows more flexibility for MPs

Cpl. Jessica M. Mills

Sports Editor

For military police, maintaining the safety, security and law enforcement aboard base is about to become a drive around issue.

The Marine Corps recently purchased and issued new military police mobile command centers for each military base in the Corps. The \$300,000 mobile units will assist the military police in providing primary law enforcement, round-the-clock emergency response coordination, force protection, and mutual aid response on- and off-base.

"It is a self-contained command post that offers us the flexibility to respond to every emergency event in record time, such as terrorist attacks, hostage situations, and even critical weather," said Master Sgt. Dean Jordan, the operations chief for the Provost Marshals Office. "It is also a backup command post. For instance, if the military police desk sergeant here or at Camp Smith were to be rendered inoperative, the mobile command center could be used to quickly reestablish military police command and con-

With privacy doors, the unit is designed for simultaneous multiple activities, such as briefs, law enforcement negotiations and communications. It is complete with an area network line phones; color, closed circuit televisions; and three workstations that are LAN, phone and radio capable.

It also has a 25-foot pneumatic mast, which holds a low-lux/zoom camera and infrared camera, and deploys above the vehicle. With a viewing span of 75 – 100 feet, the cameras also have recording capabilities inside the vehicle.

Under the hood, the vehicle boasts a 260hp turbo charged engine, so although the 29foot command center may be bulky, it is still a force to be reckoned with on the road.

The unit will be used for on-scene processing of driving under the influence or driving while intoxicated charges and as a high-profile deterrent, both warning potentially impaired drivers and reassuring the general population that Provost Marshals Office members are keeping their eyes traffic. It can also be used for seatbelt enforcement, and security coordination for major events such as BayFest, air snows, and festivals that hap pen on the base.

"The vehicle also has a conference room, which allows us to conduct briefings, rally points, and interviews on the spot. That way witnesses, victims and suspects will have the incident fresh in their mind," said Jordan. "There is also a galley, which can store up to

onboard generator; cellular, satellite and local 10 gallons of water, and a refrigerator and microwave for food. This post can sustain our men for days out in the field, rather than having to re-supply daily."

> Although the command post has not been used in a real crisis situation yet, it will be tested in early December during a basewide Force Protection Exercise, when military police officers are scheduled as first responders to establish command and control of the



Cpl. Jessica M. Mills

New \$300,000 military police mobile command centers were purchased for each military base in the Marine Corps.



Military police in the new unit can view outside action in a more than 75-foot radius with the mounted camera

Body armor does the job

Lance Cpl. Miguel A. Carrasco Jr.

1st Marine Division

CAMP BAHARIA, Iraq — While warfighting experts are testing new methods, equipment and gear to minimize casualties on the battlefield, Marine Corps-issued body armor is responsible for keeping Cpl. Joshua Miles alive.



Miles, a squad leader with Company L, 3rd Battalion, 5th Marine Regiment, was hit by fragments from a mortar round during a security patrol on the outskirts of Fallujah, Iraq, Oct. 27.

Fragments from the mortar hit his flak jacket and Kevlar helmet, and went through the left arm sleeve of his uniform.

"We were being mortared, so we tried to take cover, and as I was going behind a berm, a mortar landed five feet in front of me," said Miles, 21, a native of Silver City, N.M.

Miles didn't realize that the fragments had impacted him until the firefight was over. His sense of humor

allowed him to laugh about it days later. Though Miles can smile about it, he takes the use of protective gear seriously, and makes sure his Marines are properly protected

before leaving the gates of Camp Baharia. "It (body armor) is a great piece of gear. Marines have to make sure they are wearing the gear," said Miles.

While out on a convoy or in a HMMWV all protective gear must be worn to include the throat and groin protector.

"This armor is only the first and second generation of protective gear, so it will continue to improve," said 1st Lt. Michael D. Weiner, 27, a native of West Orange, N.J., and a supply officer for

The flak and Kevlar worn by Miles Oct. 27 will allow him to return to southern California next spring, where his wife and oneyear-old daughter, Brianna, currently reside.

Headquarters and Service Company.

Before departing for Iraq, Brianna gave her father 'Frank,' a teddy bear, which Miles attached to his flak and hasn't removed since. 'Frank' was hit with fragmentation during the mortar attack.

"I think he (Frank) deserves a Purple Heart," joked Miles. Thanks to the flak and Kevlar, Miles won't receive a Purple Heart, which is awarded to service members wounded in action.

Makahiki begins on Mokapu

Native Hawaiian season celebrates gifts, peace

Sgt. Jereme L. Edwards

Press Chief

During times of old, all native Hawaiians knew Mokapu Peninsula on which MCB Hawaii, Kaneohe Bay, now resides — as sacred ground. Kings and queens ruled, warriors trained and ancestors were laid to rest here.

For several years, Hawaiian families with ancestral ties to Mokapu came to the base and extended an invitation to service members and their families to join their celebration marking the beginning of the season last weekend. Their ancient festival is dedicated to Lono, the deified guardian of agriculture, rain, health and peace.

For more than 2,000 years, the attributes of Lono and his contributions to

the beliefs and practices of the early Hawaiian people have influenced the events of the Makahiki season, which coincides with the Hawaiian New Year.

Just after sunset Saturday, out near Pyramid Rock Beach, the Mokapu Peninsula's Makahiki events began with the formal ceremony to recognize the season and the Hawaiian New Year. The cluster of stars in the Makahiki constellation is revered in the Hawaiian tradition as the place from which, according to legend, the first Hawaiian people came to

earth.

Winter officially begins when the cluster begins to rise at sunset and set at dawn, and is visible most of the night. The ceremony began with the ritualistic sounding of the conch shell and chant-

According to the ancient star-based calendar of Hawaii, the beginning of the Hawaiian New Year is on the first night of the rise of the star constellation Na Huihui O Makalii, known to the English-speaking world as the "Pleiades" or "Seven Sisters." The four months following the rise of Makalii (from October to the end of January) were set aside as a time of peace, a time to give thanks to Lono for his gifts from the land and sea, and to celebrate and practice athletic sports that prepared warriors for battle.

"Makahiki is the time that belongs to Lono; it is his season. Lono is an ancestor, some say a god, that deals with fer-

tility, agriculture, sports and accuracy," said Manu Suganuma, a Makahiki par-

Sgt. Joseph A. Lee

During last year's Makahiki season, male participants danced on the beach in the early morning as they made their offerings to Lono.

ticipant.

During the ceremony, the visiting group educated its guests on the meaning of Makahiki and the rituals and cus-

toms they performed during the event. "We had a lot more people present this year than last," said Donnie Camvel, one of the planners for the Makahiki event.

"This weekend we got to connect with families of the people who descended from here — those people who have memories that go back in time when there were no houses in this area, and there was nothing but large areas of vegetation here," said Kapuai Hoolei Iai Kapono Aluli Souza, a Makahiki participant.

Near the end of the opening event, the members of the Native Hawaiian Association stood and shared their great appreciation for all the service members and their families who attended the ceremony. The association also shared very vivid and touching stories of how

> their ancestors, who have passed on to the other side, have spoken to them through dreams and visions.

> The storytelling and sharing continued well into the night as all participants partook of traditional Hawaiian dishes and learned a little more about one another.

> Last year, the Makahiki participants were able to compete against one another in many different traditional Hawaiian games, however, this year rough weather prevented them from doing so.

> "We weren't able to compete during our stay aboard the base due to the weather,

See MAKAHIKI, A-9

The art of being roommates

Boot camp builds bonds of lasting friendship



Cpl. Megan L. Stiner and Lance Cpl. Michelle M. Dickson

Combat Correspondents

We decided, since the Marine Corps birthday is upon us, it would be appropriate to write about our beginning and time thereafter in our beloved Corps. So here is a shortened, yet hopefully amusing account of two young females taking their first leaps into adulthood in the mil-

We both came from totally different worlds; one from the election deciding Buckeye State of Ohio and the other from the country back roads of upstate New York. But we ended up on the same lonely bus on the same rainy night on our way to starting three months of learning a lot about ourselves as well as creating a friendship that has followed us through more than two years and many states and memories.

Boot camp ... how do we describe boot camp? So many stories, but so little we are allowed to print in a newspaper ... perhaps we'll just begin at our friendship.

By the second week we had established a bond, which we eventually found out would carry us through the hardships of training to become Marines and considerably beyond. Although we were far from perfect recruits, many of our escapades were performed at night or during other times our drill instructors weren't there to catch us, so we had a minimal taste of the pit and such.

Although there was one time when our high spirits sent one of us on a personal pit session. Something sarcastic and amusing was said between us two, which resulted in laughter, sending Recruit Dickson to the sand, doing push-ups facedown while screaming, "Ha, ha, ha! Boot camp is funny. Ha, ha, ha! Boot camp is funny." Oh, the enjoyment of being a

Although boot camp seemed to last

about a year, it wasn't long before we inseparable. were standing in the parking lot, with our families, exchanging phone numbers and promising to keep in touch. We were officially Marines and ready to take the next step.

Time fast-forwarded through leave, as it always does, and there we were getting off a bus in North Carolina, preparing ourselves for Marine Combat Training. Three weeks of getting dirty, getting yelled at and eating crappy food. It almost seemed like we were recruits again. We were in separate platoons, but we were still close. And, we still caused a wee bit of mischief when we could.

But three weeks flies by, and soon we graduated from there as well. Next step was on a plane, then to a taxi, then through a gate and into the doors of Marine Detachment, Fort Meade, Md.

Military Occupational Specialty school, oh, boy. This was no walk in the park. Sure it wasn't too physically demanding, but mentally it was like learning chemistry as a 12-year-old, and yet no one to copy off of.

Nothing could be done right, and we had pages of homework every night. The journalism course was three months and we staggered through that by way of coffee and caffeine. Our weekends were precious and we spent our time then in many various ways.

Trips to see friends in D.C. and sight seeing, overnighters in Baltimore, family visits to Ohio and New York City and the usual hotel sleepovers. Ah, yes, nothing like a road trip to a wedding that results in scalded skin from spilt cappuccino to stay awake, and, of course, the road trip necessity: a \$400 speeding ticket. How glorious Pennsylvania can be!

We were roommates and rarely seen apart, and after we graduated the journalism course and picked up another three months of broadcasting school, we became restless and just that much more Nights became weekends, friends would come and pick us up and we'd go out

until curfew. Oh, curfew, how it ruins the best of times. We were good kids, mind you, but we had to get out ... eight to nine and a half months of being on a small base with no vehicle, 10 p.m. curfew, physical fitness at 4:45 a.m. four days a week while trying to learn how to videotape an instructor with a complicated 45-pound video camera as they talked about the different levels of heat that light bulbs give off, while also making them look and sound interesting. It just wasn't our so-called cup of tea, don't cha know. But we made it through.

And then came the news ... one received orders to K-Bay, Hawaii. And the other... Norfolk, Virginia. Yes, we know what you're thinking, then how the heck are we both in K-Bay? Well, we'll tell you. Here it comes; it's just this crazy ... they cancelled Stiner's orders to Virginia and sent her here. Yes, it's true, since they send all people with sparkling eyes and quick wit to K-Bay; they knew it must have been a mistake sending her elsewhere. And we are again inseparable.

Since being in K-Bay for some time now, we have experienced everything together, such as getting attacked by PMO's working dogs, swimming with sharks, getting OC sprayed, adopting a cat, losing a cat, purchasing an ice cream truck, riding a bull, along with a vast array of other magical past time activities. We both have almost two years left here at K-Bay before deciding the next step in our lives, but it can be assured that we'll tackle that feat together when we get there. Until then, we will enjoy and handle our crazy Marine life as best as two 20year-old girls can. Now we are starting to sound like we belong in, "The Wonder Years," so it is time to close.



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g u o t a b l e

"Ma Kau Kau" — Hawaiian for "We are Ready" Motto of 1st Battalion, 3rd Marine Regiment

plained Souza.

their ceremony.

MAKAHIKI, From A-7

but we have games scheduled throughout the community for

the upcoming weeks," ex-

deep appreciation for all of the

families who elected to attend

because they [the guests] are

representatives of the land. This

also gives us a chance to educate them on the history of the land

and people, and also to show

how we celebrate the time of

Makahiki with games," said

Suganuma. "The idea is to give

them [the guests] a sense of con-

nection and ownership ... that

around the island of Oahu, cele-

brating the season and its

games, before returning to mark

the end of Makahiki in March.

guides and protects this land." Many Hawaiians will trek

The group again expressed its

"We feel it is important

SNIPERS, From A-1

rifles. To obtain a position that best suited the necessary angle for the Marine to shoot from, the Marine and pilot had to be in constant communication.

Marines teamed up with Sailors from the "Easy Riders," Light Helicopter Squadron 37, Marine Corps Air Facility here for this event.

"The Easy Riders were equipped with support platforms that are extremely stable," said Figone. "That provided the Marines with a chance to focus on communication and aim instead of balance. Both units worked really well together."

According to Figone, the objective was not only to teach the Marines a more advanced method, but to also increase their overall mentality, focusing on a higher level of intensity and comfort in the mission.



A Navy crewman for the SH-60 Seahawk surveys the area while Marine snipers practice using their M-16A1 rifles.

Operation Al Fajr, began Nov. 8. Regner

Although he didn't estimate the number of enemy killed in the Fallujah operation, Regner did say that more than 1,052 enemy combatants had been captured. About 1,030 of the enemy detainees are Iraqi, he noted, with the

Regner said 37 U.S. Marines and soldiers were killed during the Fallujah operation, not including one U.S. servAbout 320 U.S. service members were

wounded in action, he noted, but 134 of those wounded had returned to duty after medical treatment.

Six Iraqi security force troops were killed, and 28 were wounded, Regner said, noting two wounded Iraqis returned to duty after treatment.

The Fallujah campaign is now focused on mopping up any remaining enemy forces in the city, he said.

The next phase, he noted, is reconstruction.

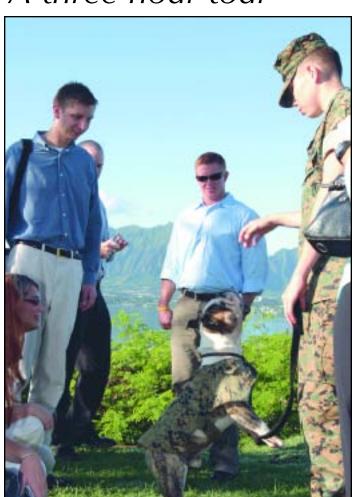
The Fallujah campaign contained "no surprises," Regner observed, noting that good pre-battle intelligence had identified the main concentrations of

"The intelligence community did marvelous deeds in what they provided

Iraqi troops blended among the U.S. forces "did well" in Fallujah, Regner observed, especially during operations near city mosques. Great care was taken, he noted, to avoid damaging mosques and other city buildings and residences.

Although ridding Fallujah of insurgents is being accomplished "in record time," Regner said, he acknowledged that remaining pockets of the enemy are "still making it difficult" for the Marines.

'A three hour tour'



A group of 14 U.S. Senate staffers visited MCB Hawaii, Kaneohe Bay on Nov. 8 as part of a military orientation. The staffers received briefs about both Marine Forces Pacific and Commander, Patrol and Reconnaissance Wing 2 and a tour of the Marine Mammal Lab. The staffers conducted live-fire drills on the pistol range at the Kaneohe Range Training Facility and received a demonstration of the capabilities of the military working dog.

IRAQ, From A-1

said preliminary searches show that Fallujah contains the largest caches of enemy weapons and explosives in Iraq.

remainder being foreigners.

ice member listed as a non-battlefield

death.

insurgent forces in the city.

for us," the colonel said.